

May Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/aging Facebook: [Urbana Senior Center – Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.</p>			
1 LAW DAY *Advanced Directives Prepared Free 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub 1:15 Book Club	2 10:00 *English Conversation 10:45 Daily Exercise 11:30 Lunch & Learn Opioids & Addiction 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class Center closes at 4:30 p.m. 5:00 *Supper Club: Ayse Meze Lounge	3 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 *Artful Creations: Fun with Clay	4 Center is Closed Join us for On The Town Lunch & 40's style music Make your reservations now 
8 Nutrition Minute "Eating Right" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi 1:00 Rummikub	9 Nutrition Minute "Eating Right" 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 3:30 Teens Teach Tech 5:30 Dinner/Cards and Games	10 Nutrition Minute "Eating Right" 10:45 Daily Exercise 11:30 MAP: Fire Safety 12:30 *English Class 12:30 *Yoga Class 1:00 Cards/Games 1:00 Wii Games	11 Nutrition Minute "Eating Right" 9:30 Strength Training 9:30 Color This 10:45 Daily Exercise Noon *Mother's Day Lunch with Nurse Steve 1:00 Cards and Games 1:30 *Line Dancing 1:30 MD Insurance
15 Health Education 101 "Facts about Stroke" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:15 Coffee with Carolyn Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi Closing 2:00 p.m. staff meeting	16 Health Education 101 "Facts About Stroke" 10:00 *English Conversation 10:45 Daily Exercise 11:30 Mental Health Aging in Place 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Fried Chicken Dinner 6:00 *Inside Scoop: Nutrition and Aging	17 Health Education 101 "Facts About Stroke" 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 Cards/Games 1:00 Wii Games	18 Health Education 101 "Facts About Stroke" 9:30 Strength Training 9:30 Color This 10:00 Tech Thursday 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing
22 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise Noon *Basic Tai Chi 12:30 Bridge 1:00 *Advanced Tai Chi	23 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 Dinner/Cards and Games	24 Center is Closed Toby's Dinner Theatre Trip	25 9:30 Strength Training 9:30 Color This 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing Closing 2:00 p.m. staff meeting
29 Center is Closed 	30 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:30 Dinner/Cards and Games	31 10:45 Daily Exercise 12:30 *English Class 12:30 *Yoga Class 1:00 Movie Matinee: Driving Miss Daisy	 OLDER AMERICANS MONTH AGE OUT LOUD: MAY 2017

(see other side for program highlights)